



5 STAR

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IKE Weather

Today

High: 50

Low: 39

Sunrise: 0642

Sunset: 1647

Partly Cloudy



Tomorrow

High: 48

Low: 38

Sunrise: 0643

Sunset: 1646

Partly Cloudy



Marine Squadron Working Aboard IKE- VMFA-312 "Checkerboards"

By MC3(SW) Patrick Gearhiser
— 5 Star Staff Writer

Earlier this week, the pilots and flight deck crew of the "Checkerboards" Marine Strike Fighter Squadron (VMFA)312 began carrier qualifications aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower's (CVN 69).

The VMFA-312 "Checkerboards" fly the F/A-18C Hornet. They will deploy with the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) on its next deployment.

One of the main lessons for the "Checkerboards" this underway is learning to work with their Navy counterparts to successfully complete any mission.

"It has been good integrating with the ship," said Chief Warrant Officer Julius Jones, maintenance materiel control officer for the "Checkerboards."

Jones said IKE Sailors have been beneficial in helping them complete their mission.



An F/A-18C Hornet from VMFA-312 "Checkerboards" is directed towards the catapults on the flight deck. (U.S. Navy photo by Mass Communication Specialist 3rd Class (SW) Patrick Gearhiser)

"The crew has been very helpful. We've gotten a lot of help from our Navy counterparts, the "Bulls" of VFA-37. They've been pretty good walking us around, showing us what to do and teaching us as we go along. Everyone on IKE is welcoming us and we do appreciate it."

Being underway with IKE allows Marines to become familiar with various Navy organizations and procedures.

"It helps us gain a lot of knowledge," Jones said. "We normally operate with Marine squadrons and Marine supply organizations but now we have to learn a different system. For many people it's a huge learning curve and for others it's just a freshening up of the experiences they've had before. It's very beneficial and a lot of our guys are getting good training out of it." ★

Sports Corner

In N.B.A., All-Star Acting Is Part of Game

By Jonathan Abrams

— Courtesy of the Times Digest

To the crack of the bat, the cadence of the quarterback and the thwack of a tennis racket, add a new element to America's sports soundtrack — the shrieks and shouts of N.B.A. players as they try to put the ball in the basket.

In part, the emoting is designed to deceive, with players trying to persuade referees they were fouled in the act of shooting, even if they were not. It is hardly a new tactic, but it has become a more popular one and is now as much a sound of the game as the squeaking of sneakers.

"Anytime anybody goes to a hoop, they yell or scream," said Bernie Fryer, who has seen it all, and now heard it all, as a former N.B.A. player and referee who now oversees league officiating. "You hear it all the time. It's kind of like a tennis player who grunts every time he hits the ball."

Players will sometimes cry out when they are taking jump shots far from the basket, but the sound effects are more prevalent when they drive to the rim. Many of the game's biggest stars — including LeBron James, Kobe Bryant and Dwyane Wade — shout as they near the basket, even if the little bit of physical contact they draw from an opponent hardly merits such a

response.

"I guess once word got out that more often than not, you make a noise going to the basket, you'll get a foul call, it just became second nature for a lot of guys," said the Knicks' Malik Rose, a veteran forward in his 13th year, who cited Bryant, Vince Carter and Allen Iverson as trendsetters.

"Ever since I've been in the league, I've seen guys trying to bring attention to the fouls they're getting," said Jamal Crawford, who is the Knicks' town crier and remembers his skepticism when he first encountered Iverson's dramatizing.

"I was like, You're not getting fouled like that," Crawford said. "But he's so little, he really is getting pushed around."

To some extent, the cries of anguish are akin to the over-the-top acting in international soccer, where players writhe on the ground in agony, hoping to draw a foul on the other team, only to pop up and start running once the referee delivers his verdict.

Mike Brown, the coach of the Cleveland Cavaliers, said: "It's what I like to call acting. There is a lot of acting going on."

Fryer, speaking on behalf of his referees, said, "You pay no attention to it. So many players are doing it now."

Tuesday's NBA Game Scores

Orlando 103, Toronto 90
 Indiana 113, Atlanta 96
 Miami 94, Washington 87
 Dallas 100, Charlotte 83
 Boston 110, Knicks 101
 Cleveland 106, Nets 82
 Memphis 109, Sacramento 94
 Tennessee 24, Jacksonville 14

Questions of the Day



BMR

(1) Who is the Commander in Chief?

EAWS



(2) What is TRU?

ESWS



(3) What is the range of the CO2 extinguisher?

Answers

(3) Four to six feet from the tip of the horn.

(2) Technical Research Unit

(1) The President

IKE's Health Promotion Committee Encourages Sailors to "Butt Out" during Great American Smoke Out

By MC3 Zachary Martin

—5 Star Staff Writer

Admit it. You, or someone you know, smokes.

Many people, especially Sailors, who smoke think about quitting at some point but don't know how to begin the process.

Luckily, for Sailors aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69), the Health Promotions Committee (HPC) and the American Cancer Society are here to help.

The month of November is known as the "Great American Smoke Out" month and Nov. 20 is the "Great American Smoke Out" day.

All across the country, smokers are encouraged to put down their cigarettes as a first step on the road to a healthier lifestyle.

"What we're trying to do is focus on the benefits of quitting, rather than saying 'quit, quit, quit' over and over again," said Hospital Corpsman 2nd Class Kristina Starcruiser, a committee member.

Events planned for the week of the smoke out include a presentation on the mess decks highlighting the health effects of tobacco products and incentives like candy passed out to smokers who choose not to light



Sailors are encouraged to stop smoking as part of the "Great American Smoke Out." (U.S. Navy photo by Mass Communication Specialist 3rd Class Zachary Martin)

up.

The mess deck presentation is today during lunch hours, and all Sailors are invited to stop by and add to the "Why Do You Smoke?" and "Why Do You Want To Quit?" message boards.

While many studies have been released on the health risks associated with smoking and most smokers are aware of these risks, the committee's goal is to find out why smokers still choose to practice the habit.

"It's all about maintaining mission readiness," said Chief Hospital Corpsman (SW/AW) Mine Forrester, another committee member.

"Fewer health costs, better physical fitness, it's really about making sure our Sailors are as healthy as possible."

Along with these programs, the HPC will host a tobacco cessation class for Sailors interested in continuing the good habits initiated the day of the smoke out.

"Something that's really interesting that I didn't know before, is how smoking affects further generations," said Machinist's Mate 1st Class (SW/AW) Leon Glover, a committee leader.

"Children, grandchildren, can all get asthma or emphysema from you smoking." ★

Within 20 minutes of smoking that last cigarette, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

12 Hours After Quitting

Carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting

Your heart attack risk begins to drop.

1 to 9 Months After Quitting

Your coughing and shortness of breath decreases.

5 Years After Quitting

Your stroke risk is reduced to that of a non-smoker's.

10 Years After Quitting

Your lung cancer death rate is about half that of a smokers.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a non-smoker's.

IKE Welcomes Marines this Underway



An F/A-18C Hornet from VMFA-312 "Checkerboards" prepares to launch from the flight deck.



An F/A-18C Hornet from VMFA-312 "Checkerboards" lands on the flight deck during carrier qualifications.



An F/A-18C Hornets from VMFA-312 "Checkerboards" prepare to launch.

**Photos by Mass Communication Specialist
3rd Class (SW) Patrick Gearhiser**

SAILOR IN THE SPOTLIGHT

Yeoman 3rd Class Curtis Smith

Operations Department

Yeoman 3rd Class Curtis Smith is from Canton, Ohio. While attending Perry High School in Massillon, Ohio, Smith was active on the football, wrestling and baseball teams.

After graduating in the spring of 2004, Smith began to work for Wells Fargo Bank, which provided him the opportunity to travel. A few years later in September 2007, Smith joined the Navy to fulfill his grandfather's wishes.

In February of 2008, Smith graduated from Yeoman A-School in Meridian, Miss. Smith now works in the Operations Department on IKE.

Smith has set a goal to earn his warfare qualifications before testing for petty officer second class in the spring.

Long term, he would like to pursue special programs in the Navy or earn a commission.

Smith is also working towards a college degree in International Relations, with a focus in Comparative and Regional Politics. He would like to work in international business after the Navy.

"My favorite part of being on IKE has been seeing how everything and everybody comes together," said Smith.

Off duty, Smith enjoys cook-outs with his friends.

Legal Note

A Legal Assistant Attorney is onboard IKE today until return to homeport to prepare wills for Sailors. Sailors interested in this service should call Legal at J-dial 6004, 6005 or 6008 to schedule an appointment. Appointments will be scheduled in half hour increments from 8:30 a.m. to noon, 1 to 4 p.m. and from 5 to 7 p.m.

Congratulations IKE Warriors!

Congratulations IKE Sailors selected for advancement! (U.S. Navy photo by Mass Communication Specialist 2nd Class (SW) Rafael Figueroa Medina)

Now Playing on IKE Movies

Channel 5

9 a.m. Ultraviolet
 11 a.m. The Beverly Hillbillies
 1 p.m. The Happening
 3 p.m. Ultraviolet
 5 p.m. The Beverly Hillbillies
 7 p.m. Training
 8:30 p.m. Get Smart
 10 p.m. The Happening
 12 a.m. Ultraviolet
 2 a.m. The Beverly Hillbillies
 4 a.m. The Happening

Channel 6

9 a.m. X-Men 3
 11 a.m. Two Brothers
 1 p.m. Calendar Girls
 3 p.m. X-Men 3
 5 p.m. Two Brothers
 7 p.m. Training
 8:30 p.m. Zoolander
 10 p.m. Calendar Girls
 12 a.m. X-Men 3
 2 a.m. Two Brothers
 4 a.m. Calendar Girls

Channel 7

9 a.m. The Marine
 11 a.m. Lions for Lambs
 1 p.m. Baby Geniuses 2
 3 p.m. The Marine
 5 p.m. Lions for Lambs
 7 p.m. Training
 8:30 p.m. Enchanted
 10 p.m. Baby Geniuses 2
 12 a.m. The Marine
 2 a.m. Lions for Lambs
 4 a.m. Baby Geniuses 2

Around the World

Islamic Law Takes a Place in British Society

By Elaine Sciolino

—Courtesy of the Times Digest

LONDON — The woman in black wanted an Islamic divorce. She told the religious judge that her husband hit her, cursed her and wanted her dead.

But her husband was opposed, and the Islamic scholar adjudicating the case seemed determined to keep the couple together. So, sensing defeat, she brought out her secret weapon: her father.

In walked a bearded man in long robes, who described his son-in-law as a hot-tempered man who had duped his daughter and evaded the police.

The judge promptly reversed himself and recommended divorce.

This is Islamic justice, British style. Despite a raucous national debate over the limits of religious tolerance, the tenets of Shariah are increasingly being applied to everyday life.

Ever since the archbishop of Canterbury, Rowan Williams, called for aspects of Shariah to be embraced alongside the traditional legal system, the government has been grappling with a public furor, assuaging critics while trying to reassure the Muslim population that its traditions have a place in society.

"There is nothing whatever in English law that prevents people abiding by Shariah principles if they wish to, provided they do not come into conflict

with English law," the justice minister, Jack Straw, said last month.

Conservatives and liberals alike have denounced the courts as poor substitutes for British jurisprudence.

Critics point to cases of domestic violence in which Islamic scholars have ordered husbands to take classes in anger management, leaving the wives so intimidated that they have withdrawn their complaints from the police.

But as the uproar continues, the popularity of the courts among Muslims has blossomed.

Most of the cases involve women asking for divorce. Other cases involve disputes over property, labor, inheritances and physical injury. The tribunals stay away from criminal cases that might call for the imposition of punishments like lashing or stoning.

Most of the courts' judgments have no standing under British civil law. But for the parties who come before them, the courts offer something more important: the imprimatur of Allah.

Still, there is ample room for clashes with British custom. Three months ago, a wealthy Bangladeshi family asked one of the informal councils, as the courts are known, to resolve an inheritance dispute. It was resolved according to Shariah, said Shahid Raza, who adjudicates disputes in the London suburb of Ealing. That meant the male heirs received twice as much as the female heirs.



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